

TRANSFORMING PREGNANCY, BIRTH AND POSTNATAL EDUCATION. DEVELOPING EFFECTIVE PHYSIOTHERAPY INTERVENTIONS FOR EXPECTANT AND NEW MOTHERS IN A DIGITAL AGE.

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Aim: To develop effective perinatal education (PNE) for physical activity/musculoskeletal changes through pregnancy and post birth. This will deliver the right content, in the right way, at the right time.

Design: A cross sectional mixed methods needs assessment to inform intervention design.

Method: Three-part needs assessment:

A. Descriptive analysis of data on participation, content and format of PNE at Mater Mothers Hospital (MMH) (October 2018).

B. An online survey of 150 women at the MMH across the perinatal journey (May - July 2019) to identify learning needs. Descriptive statistics are used for quantitative analysis.

C. Qualitative thematic analysis of 30 mother-partner dyad interviews on their preferences and experiences of PNE.

Results: Physiotherapy antenatal education attendance was 17.5% of the patient population; with 3.3% attending postnatal education. This reach is well below the incidence of lumbopelvic pain and incontinence that can be influenced through PNE. Evidence-practice gaps were identified in the use of active learning, peer teaching, digital media and timing of education.

These findings and those from studies B and C that listen to expectant and new parents will contribute to developing

PNE that builds participants self-efficacy, motivation, capability and opportunity to achieve desired outcomes.

Conclusion: Transforming perinatal education (right content, right time, right way) starts with a multi-modal needs assessment and applies behaviour change theories.

Key Practice Points:

- Needs assessment of expectant and new mothers is the first step in perinatal education development.
- Effective education is patient focussed and applies behaviour change theories.

Proposed impact, if any on the health outcomes of Aboriginal and Torres Strait Islander people: Indigenous women and/or babies make up 2.6% of births at MMH. We anticipate representative

population to ensure women's needs and opinions are listened to. ific to this